



Mother's Public School

Syllabus for the month of June & July (2026-27)

Class - PNC

"Kids are pillars of the nation, send them to get education."

Ethics

- ❖ Table manners.
- ❖ Wash your hands properly.
- ❖ Walk properly.

Literacy

English (Oral)

- ❖ Capital Letters - A to Z (Pg. No. 3 to 29)
- ❖ Reading and recognition of letters D to H (Pg. No. 6 to 10)
- ❖ Write Capital Letters D, E, F, G, H (N.B.)
- ❖ Pre-writing skill sheet (Pg. No. 16 to 23)
- ❖ Dictation letters D, E, F, G, H (N.B.)
- ❖ Rain Rain Go Away (Pg. No. 6)
- ❖ Hickory Dickory Dock (Pg. No. 7)
- ❖ Apple (Pg. No. 8)
- ❖ Twinkle-Twinkle (Pg. No. 9)
- ❖ Johny Johny (Pg. No. 10)



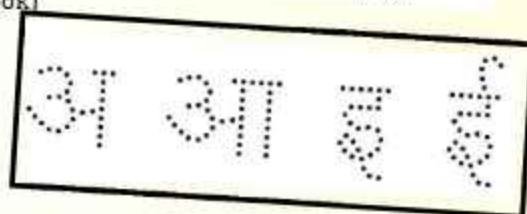
Story Telling

- ❖ "Thirsty Crow"

Hindi (Oral)

Hindi (Work Book)

- ❖ स्वर अ से आ तक
- ❖ अभ्यास (Book Pg No. 16 to 23) (हिन्दी अ से आ Book)
- ❖ आकार (Pg No. 10 to 23 बड़े अक्षर (स्वर) Book)
- ❖ अ से ई तक (N.B.)
- ❖ तोता (Pg. No. 10-11)
- ❖ गले लगाओ (Pg. No. 12-13)
- ❖ चल मेरे घोड़े (Pg. No. 14-15)
- ❖ सवेरा (Pg. No. 16-17)



Hindi (Written)

Hindi (Rhymes)

Numeracy

Maths (Oral)

- ❖ Counting 1 to 30
- ❖ Recognition of Numerals 1 to 10
- ❖ Write Numerals (3,4,5,6) (N.B.)
- ❖ Pg. No. 35 to 69

Maths (Written)

Maths (Work Book)

Art

- ❖ Pg. No. 10,11,12,13,14

G.K. (Oral)

- ❖ Days name, Months name, Birds name, Transport name

Conversation

- ❖ 1. How are you?
Ans. I am fine, Thankyou.
- ❖ 2. Who are you?
Ans. I am a girl / boy.
- ❖ 3. Where do you live?
Ans. I live in Bareilly
- ❖ 4. Which is our national flower?
Ans. Lotus.
- ❖ 5. How many days are there in a week?
Ans. 7 days. (teach with days name)
- ❖ 6. How many months are there in a year?
Ans. 12 months. (teach with months name)



We'll be witnessing the cold monsoon breeze soon!!

"Monsoon Health Guide:-"



* Let's get ready kids!

- Save yourself and your family from dengue and malaria.
- * Major problem is mosquitoes breeding during the monsoon so:
- Wear full sleeves clothes and trousers instead of shorts at home to keep yourself covered.
 - Use mosquito repellents regularly.
 - Don't collect water overnight in buckets.
 - Avoid water collection in cooler, coconut shells and surrounding areas as it becomes prominent breeding sites for mosquitoes.
 - Keep surroundings clean and enjoy monsoon cold winds.



LUNCH GUIDE : FOR BETTER COGNITIVE DEVELOPMENT



MONDAY	TUESDAY	WEDNESDAY
Veg paratha + Curd Seasonal Fruit (Blackberry, lychee, pear, plum, etc.)	Idli + Coconut Chutney Dry Fruits (2-3 Almonds, Raisins)	Vegetable Poha/Upma Boiled Corn (Lightly Salted)
THURSDAY	FRIDAY	SATURDAY
Chapati Roll (Paneer/Veg) Fruit (Papaya/Apple)	Rice + Dal + Vegetable (Small Portion) Homemade Ladoo/Chikki	Sandwich (Vegetable/Paneer) Sprouts Salad (Light)

- Avoid too spicy and oily food in lunch boxes.
- Avoid processed foods like maggi, pasta or sodas most commonly leads to malnourishment in young toddlers.
- Avoid too much Sugar rush like chocolates, toffees as it's not good for tooth development / permanent tooth eruption also delays cognitive milestones in a growing child.
- Give seasonal vegetables in lunch and dinner at home. To add ample amount of protein in either veg and non-vegetarian diet to be included to make the meal a complete balanced diet with required portions of carbohydrate, protein and fat.



Lets enjoy monsoon delicacies



"Be Active, Be Strong, Be Healthy"

Events of the month:-

International Yoga Day-	21 June
Muharram	- 26 June
Doctor's Day	- 1 July
Van Mahotsav	- 4 July
World Youth Skills Day-	15 July
International Tiger Day-	29 July



❖ Tip for the parents:-

- Ensure your child eats a balanced diet with fruits, vegetables, milk & home cooked food.
- Make sure your child drinks enough clean water everyday.
- Limit mobile/TV screen time & encourage outdoor play.

❖ Instructions for the students:-

- Be kind, be neat, keep everything clean.
- Study, play and smile everyday.
- Respect all, hurt none.